

## **Hormones, Thyroid, Hashimoto's...**

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A Story Shared is a Journey Enlightened.

StoryTeller, Writer, Speaker, Workhorse

### **Hormones / Endocrine**

[http://kidshealth.org/teen/your\\_body/body\\_basics/endocrine.html](http://kidshealth.org/teen/your_body/body_basics/endocrine.html)

<http://health.howstuffworks.com/human-body/systems/endocrine/endocrine-system-ga1.htm>

<http://wellnessmama.com/5425/balance-hormones/>

<http://allergiesandyourgut.com/2014/06/22/carcinogens-cosmetics-personal-hygiene-products-estrogen-disrupters-disrupters/>

<http://chronicfatigueandnutrition.com/hormones/hormones-cosmetics/>

<http://www.breastcancerfund.org/clear-science/radiation-chemicals-and-breast-cancer/hormones-in-personal-care.html>

<http://www.ewg.org/research/teen-girls-body-burden-hormone-altering-cosmetics-chemicals>

### **Thyroid:**

<http://wellnessmama.com/12588/thyroid-101/>

<http://wellnessmama.com/14892/boost-thyroid-function/>

[DoctorOz.com](http://www.doctoroz.com) Doctor Oz show Thursday, November 6 (Slow Thyroid?)

Healing the thyroid and adrenals by Alan Christianson NMD

<http://naturalcuressummit.com/dr-alan-christianson-nmd/thyroid.ca>

### **Hashimoto's:**

[WellnessMama.com](http://www.wellnessmama.com)

<http://www.mayoclinic.org/diseases-conditions/hashimotos-disease/basics/definition/con-20030293>

[http://en.m.wikipedia.org/wiki/Hashimoto's\\_thyroiditis](http://en.m.wikipedia.org/wiki/Hashimoto's_thyroiditis)

<http://www.nlm.nih.gov/medlineplus/ency/article/000371.htm>

### **Hormone Disruptors:**

[scientificamerican.com](http://www.scientificamerican.com)

[ewg.org](http://www.ewg.org)

### **What works for me:**

<http://www.thehealthyhomeeconomist.com/vitamin-d-deficiency-signs-people-miss/>

<http://www.thehealthyhomeeconomist.com/slay-the-sugar-monster-in-four-doable-steps/>

### **What did I learn:**

[gaps.me](http://www.gaps.me)

[DoctorOz.com](http://www.doctoroz.com)

### **The Big Picture:**

Dr. Wayne Dyer: PBS 3-6 am November 11, 2014

Book references:

Dyer: Wishes Fulfilled; I Am